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**FLOWING UP?  
HALIFAX WATER  
ASKING FOR ANOTHER  
RATE HIKE** {page 3}



# OUSTED HUSKIES NEED A COACH

{page 25}



HALIFAX

# metro®

Tuesday, December 6, 2011  
www.metronews.ca



News worth sharing.

**Kyoto. Pullout**



► An activist wears a mask depicting the face of Canadian Prime Minister Stephen Harper during a protest in Durban, South Africa, yesterday.

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

## Canada's change of course stirs anger

Canada has decided not to sign on for a second phase of the Kyoto Protocol, despite assurances that doing so would mean China would agree to cut its own greenhouse gases. Premier Darrell Dexter says he's now unsure where feds are going with environment portfolio. Story, page 4.

## Cat screamed during attack, witness says

- 'I'll never forget the sound the cat made'
- Animal's body sent to Truro for necropsy

RYAN TAPLIN/METRO

A cat was allegedly beaten to death in an alcohol-fuelled rage on the weekend.

It's the sound of a wailing cat that neighbour Andrew Denton still can't get out of his head days later. Denton and his girlfriend were in his apartment at 1114 Cole Harbour Road at around 10 p.m. on Saturday night when he said they heard a thumping on the wall.

"It sounded like screaming and we moved in closer (to the wall) and it sounded like a cat," said Denton, who has two cats of his own.

A man lives next door and his girlfriend had recently moved in with her cat, Denton said.

The pounding on the wall continued for three to five minutes. "When I finally figured out what was going on, I banged on his door but he didn't answer."

The building's superintendent also tried to get the door open.

"I tried to kick the door down but one of my neighbours told me to stop," Denton said.



► Andrew Denton says he heard the screams of a cat as it was allegedly beaten to death.

The super finally got the man, who appeared drunk, to open his door. The cat was found dead under a bag in a bloody closet, Denton said. The neighbour's girlfriend came home at 11 p.m., Denton said, and he could hear her crying.

RCMP officers arrived shortly after, arrested a 48-year-old man, and later released him with charges possible.

"Officers believe an intoxicated man had something to do with the death of the cat," said Cpl. Scott MacRae, RCMP spokesman.

● JENNIFER TAPLIN

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# Halifax Water looking at rate hike

JENNIFER TAPLIN  
@METRONEWS.CA

Halifax Water is asking for another rate hike — this time about 11.7 per cent.

If approved by the Nova Scotia Utility and Review Board, customers will notice an extra \$5.17 on their bills each month starting on June 1, 2012.

Halifax Water asked for 40 per cent this time last year but received approval for a 27 per cent increase for residential users. It kicked in Jan. 1, 2011.

Last year, board members weren't happy with the utility's handling of its application, taking issue with what they called "poor

quality of evidence" provided by Halifax Water. The UARB warned a future application with "similar deficiencies" will be rejected outright.

Halifax Water says it faces a number of challenges that require a bump in rates, including the full operating and maintenance

costs of Harbour Solutions, declining consumption, upgrading to new regulations and a "significant infrastructure deficit."

"Customer rates must be adjusted to enable Halifax Water to continue to provide the existing level of service and make increased investment in infrastruc-

ture renewal and rehabilitation," Halifax Water's Cathie O'Toole says in a release.

According to Halifax Water, even with the rate increase, Halifax customers would still be paying one of the lowest costs for water, waste water and stormwater services in the country.

## SMU best bet for stadium: Coun.

▶ Halifax council will be tackling the stadium debate today

JENNIFER TAPLIN  
@METRONEWS.CA

Saint Mary's University wasn't a top pick — not in the top four — as a site for a new stadium, according to the consultants' report to Halifax regional council.

But Steve Proctor, SMU spokesman, said there's still hope for the deteriorating Huskies Stadium.

"We continue to watch with interest and we believe there should still be a stadium in the south end of Halifax," he said.

Repairs are needed for the 40-plus-year-old stadium. Most immediately, the turf will need to be replaced within the next two to three years, and that's a \$1-million job.

Halifax regional council is debating the final report on the outdoor stadium today. It suggests

### More time

▶ **Recommendation.** HRM staff are recommending council ask the Canadian Soccer Association for more time — up to six months past the Dec. 31 deadline — before committing to a stadium and bid to be a host city for the 2015 Women's World Cup of soccer.

a 10,000- to 14,000-minimum-permanent-seat stadium would cost between \$54.8 million and \$71.1 million, and the best location would be Dartmouth Crossing off of Commodore Drive.

Coun. Sue Uteck, whose district includes Saint Mary's University, doesn't think that's the best spot. She said yesterday a stadium at the proposed size and cost only



▶ Saint Mary's Huskies players practise at Huskies Stadium in October.

makes sense using the infrastructure already in place at Huskies Stadium.

"I never thought Saint Mary's, if they wanted a

25,000-, 30,000-seat stadium, would be the best site," Uteck said. "But for the amount of money this study pertains to — for

10,000 to 14,000 seats — Saint Mary's is your best site."

● WITH FILES FROM  
PHILIP CROUCHER

1  
news



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**A dismal week on the markets was followed by a banner week. Allan Small has some theories as to what's behind the volatility. More at metronews.ca/investing**

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## New. Officers



► Eleven recent graduates of the Atlantic Police Academy in Prince Edward Island were sworn in as new Halifax Regional Police officers during a ceremony at city hall yesterday.

RYAN TAPLIN/METRO

## Recent police grads sworn in

The new officers will fill existing vacancies in the patrol division. Halifax Regional Police Chief Frank Beazley and Mayor Peter Kelly helped swear in the new officers, who are now among more than 500 on the force.

## Dexter flummoxed by feds' environment plans

- China may sign Kyoto extension — if Canada signs first
- Environment minister wants to focus on 2009 Copenhagen deal



ALEX BOUTILIER  
@METRONEWS.CA

Canada's pulling out of the Kyoto Protocol without a strong replacement plan would be a "shame," Premier Darrell Dexter said yesterday.

Speaking at the legislature, Dexter said it's difficult to see where the federal government is going with the environment portfolio.

"On the one hand, they are bringing forward regulations with respect to coal-fire generating that are actually quite aggressive and have led to a considerable amount of consternation," said Dexter.

"And then on the other

hand, they seem to be saying, yeah, we're going to do this, but we're not looking to participate internationally in the goal of reducing greenhouse-gas emissions."

Federal Environment Minister Peter Kent confirmed yesterday what had been widely reported for weeks — Canada will not renew its commitment to Kyoto next year.

The federal Conservatives have questioned the effectiveness of the Kyoto Protocol, noting two of the world's largest polluters — the United States and China — have not signed on to the deal Canada ratified in 1998. Over the weekend, China's top negotiator signalled that the country

would consider joining Kyoto — provided the European Union and developed nations extend their commitments first.

"The argument that China isn't doing anything, well, that's gone," said Halifax MP Megan Leslie, who is the NDP's environment critic.

"I'm left to ask, 'What is Canada's excuse now?'"

Dexter said if Canada will not renew its commitment to Kyoto, he'd like to see a stronger agreement — one that stands up to the international community's scrutiny.

"(International agreements) carry with them the benefit of the moral suasion of having to go back and justify the



► MP Megan Leslie

things you've done to your colleagues internationally," said Dexter. "You try to bring the weight of public opinion, international public opinion, to bear on all the signatories to these covenants."

WITH FILES FROM  
THE CANADIAN PRESS

## Convicted murderer gets life in prison

A Nova Scotia man convicted of second-degree murder after another man was shot in the face more than two years ago has been sentenced to life in prison with no chance of parole for 13 years.

A Nova Scotia Supreme Court judge sentenced Bernard Hartling yesterday after hearing victim-impact statements from members of Kenneth McNamara's family. The Crown has suggested there was a hit on McNamara's life, but Hartling told police a shotgun in his truck went off accidentally more than two years ago as he sat outside



► Bernard Hartling, centre.

McNamara's home in Central Caribou.

A police videotape played at Hartling's trial showed him explaining what happened. An RCMP officer testified Hartling showed up at the detachment a day after the killing on Nov. 14, 2009, with his lawyer and his mother.

THE CANADIAN PRESS

## Province proposes ban on lobbyists

Public-sector organizations would be prohibited from hiring lobbyists under legislation introduced yesterday by the Nova Scotia government.

Service Nova Scotia Minister John MacDonell says the legislation would ensure taxpayers' money isn't being used inappropriately by those organizations, such as school board and district health

authorities.

Government officials say there hasn't been a problem with government funded organizations using lobbyists, and there are no records of any having done so.

MacDonell says the legislation is a pre-emptive measure.

Once in effect, an organization or person who breaks the law would face a fine of \$25,000 for a first offence and \$100,000 for any subsequent offence.

MacDonell says the law is similar to one on the books in Ontario, although the legislation in Nova Scotia isn't as comprehensive.

THE CANADIAN PRESS

## Drug trafficking charges laid

RCMP in northern Nova Scotia have charged two Toronto men with drug trafficking following a seizure at the Truro bus station.

Police say about one kilogram of cocaine and 20 kilograms of marijuana was seized Sunday afternoon.

Kyle Ferron and Tyrell Powell are both facing drug charges.

THE CANADIAN PRESS

## Vandals damage Laurie Park

Halifax police are investigating a case of arson and vandalism at Laurie Park in Grand Lake overnight on Saturday.

Halifax RCMP say that on Sunday they received a report of damage to the park's new public washrooms and of two burnt picnic tables.

The overall damage is estimated to be about \$8,000.

● METRO

## Copper-wire thieves strike street lights

Police in Halifax say they have investigated more than 100 complaints about the theft of copper wire so far this year.

The RCMP and Halifax Regional Police want the

public to report any suspicious behaviour in a bid to stop the thefts.

Police say thieves recently stole wire from street lights near the Bedford Bypass, which cost

about \$20,000 to fix.

Thieves have also stolen wire from light poles at the Dartmouth Crossing shopping complex and near the Halifax airport.

THE CANADIAN PRESS

400

RCMP say they have responded to more than 400 complaints about the theft of copper wire since October 2009 in Nova Scotia.



## House debates Bill 102

Bill 102 will pass — the only question is how long it will take. After some minor tweaking in the legislature's law amendments committee, Bill 102 returned to the House of Assembly for debate.

There, the opposition parties can stall for 40 hours. A dilatory motion, such as a reasoned amendment or a referral back to committee, can add another 20 hours.

Bill 102 allows for a newly certified union or an employer to seek third-party arbitration in the event of a breakdown in negotiations.

The bill has been vigorously opposed by business leaders. Last week, Dana LeBlanc, president of Michelin Canada, made the unusual move of appearing before the law amendments committee to publicly air his objections to the law.

● ALEX BOUTILIER

# Bridge-repair fight goes to court

► CN Rail and HRM disagree on who should pay for what ► There's no danger to the public ... yet



JENNIFER TAPLIN  
@METRONEWS.CA

Repairs to 14 train bridges in the Halifax region will have to wait, pending a legal battle between CN Rail and HRM.

Lawyers for the two sides appeared at the Nova Scotia Supreme Court yesterday to set document filing deadlines and a new court date of May 17.

"CN is looking for an order from the court declaring an agreement that was signed in 2009 to be enforceable," said Dennis James, representing CN Rail.

"It relates to the cost-sharing that was negotiated in the agreement. They're looking for the court to weigh in on this because there appears to be disagreement after the

**"There are portions of the agreement they (CN) wish to seek clarification on and have affirmation from the court to that effect."**

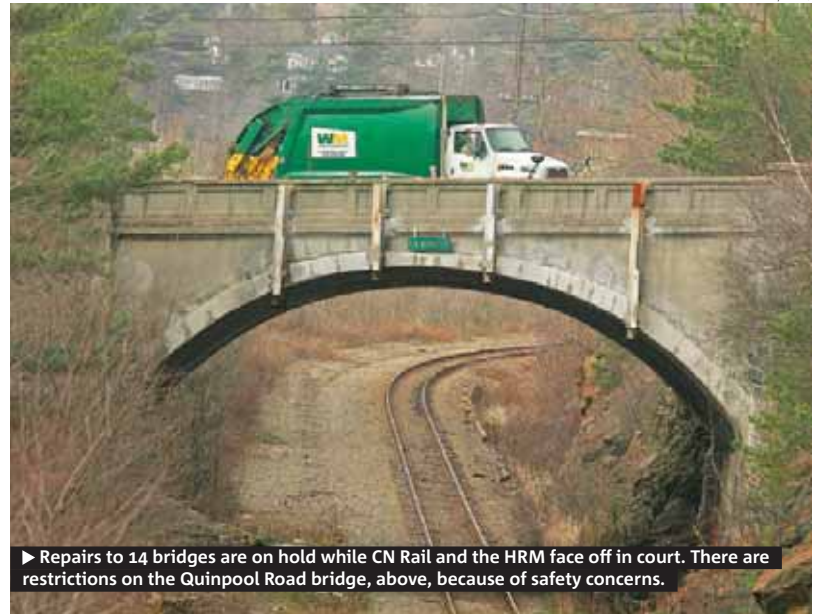
DENNIS JAMES,  
LAWYER FOR CN RAIL

fact."

James couldn't give a dollar figure for the repairs since that information will be tabulated in the court documents.

Michael Donovan, representing the HRM, said the municipality's responsibility for the repairs involves the pavement only.

"There's some dispute between the parties as to where the dividing line between those responsibilities is," Donovan said.



► Repairs to 14 bridges are on hold while CN Rail and the HRM face off in court. There are restrictions on the Quinpool Road bridge, above, because of safety concerns.

"But the interpretation CN's contending for would be costly to the city. In the interest of taxpayers we feel it's our duty to bring the issue to the courts to have the matter resolved."

The bridges were built in the First World War era. All have been repaired at different times, and there's no risk of collapse any time soon, Donovan said.

"There are a lot of bridges and they're all in different states of repair. Once the parties' obligations are clarified, it will be of assistance to everybody," he said.

## Bowater bailout boosts rural development: Dexter

The province will enshrine the \$50-million bailout of the Bowater mill in legislation.

Premier Darrell Dexter said yesterday that, even though the government already has the authority to implement most of the multimillion-dollar deal to save the mill, it will formalize the plans in law.

"I think it's important

that when these kinds of arrangements are made, it is clear where everybody stands in relation to the deal that's been made and to the investment that's been made," he said.

Dexter's comments came after days of criticism from the opposition. Liberal Leader Stephen McNeil wouldn't say if he opposed or supported the deal, but

he noted that even with a \$50-million bailout, fewer people will work at the Liverpool operation.

"I defy you to find in the history of our province where we spent that kind of money and had fewer people working," he said. "There's lots of questions around that whole deal that the premier needs to come forward with."



► Liberal Leader  
Stephen McNeil

Progressive Conservative Leader Jamie Baillie wants to see a more comprehensive look at the province's business climate. "Doing the deal on its own, without addressing the underlying fundamental issues in our economy ... is no way to run a province," he said.

But Dexter was adamant that he wants the matter to

come to a vote in the House of Assembly.

"It will give a clear opportunity for the opposition parties to make a decision about what they want to do: whether they want to endorse the bailout or whether they're just opposed to economic-development efforts in rural Nova Scotia."

● ALEX BOUTILIER

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► From left, New Brunswick Premier David Alward, N.L. Premier Kathy Dunderdale, Nova Scotia Premier Darrell Dexter and P.E.I. Premier Robert Ghiz chat during a photo-op yesterday.

## More needed from feds: Premiers

► Atlantic leaders say annual six per cent health-care funding escalator Stephen Harper has promised to maintain until 2016 isn't enough

Atlantic premiers are calling for a new deal that would see Ottawa pay 25 per cent of provincial health-care costs.

They say Ottawa's share of health-care spending is about 20 per cent and isn't

keeping pace with growing expenses.

"We have concerns about the base funding because we're not keeping up with the cost of health care in terms of the needs of the people of the coun-

try, and particularly our provinces," said Newfoundland and Labrador Premier Kathy Dunderdale.

"We're saying that we believe, as a principle, that there should be equitable health care across this country."

She met yesterday in St. John's with the premiers of Nova Scotia, P.E.I. and New Brunswick.

They say they want to present a strong, united front as they prepare for talks with Ottawa to renew health- and social-funding transfer agreements that

### Rising costs

- Premier Darrell Dexter said talk of a yearly health-care increase from Ottawa is sowing confusion.
- "People hear about a six per cent escalator and they assume that the provinces are continuing to get more money."
- That's not the case, he stressed, as the regional costs of caring for smaller and older populations out-strip annual increases.

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## Ceremonies mark Halifax Explosion

Several ceremonies will be held this morning to commemorate today being the 94th anniversary of the Halifax Explosion.

An official ceremony will take place from 8:50 a.m. to 9:20 a.m. at the Fort Needham Hill Bell Tower to remember the devastating explosion between two ships that resulted in the death of about 2,000 people, injuries to another 9,000 and destruction to ar-

chas of both Halifax and Dartmouth.

Other events include the annual Halifax Explosion Memorial Service at United Memorial Church at 9:30 a.m., the Halifax Regional Fire Services Memorial Event at Fire Station 4 on Lady Hammond Road at 10 a.m., and a service of remembrance at Pinehill Park in Dartmouth at 11 a.m.

► METRO

### News in brief

#### Muskrat falls hydroelectric link plan put forward

The Newfoundland and Labrador government confirms it has received a proposal for a subsea transmission line that will link Nova Scotia with the proposed Muskrat Falls hydroelectric project.

The proposal will be the subject of an environmental assessment.

ENL Maritime Link Inc., owned by Halifax-based Emera Inc., plans to build two transmission lines across the Cabot Strait.

They will join Cape Ray

in southwestern Newfoundland with Point Aconi in Cape Breton — a span of 180 kilometres.

Construction is scheduled to begin in 2014.

The electricity is expected to start flowing three years later.

THE CANADIAN PRESS

#### Canso hearings now underway

Formal hearings began yesterday in Canso on a proposal to dissolve the historic Nova Scotia town.

The Utility and Review Board hearings are being held at the town's fire hall.

The proposal calls for merging the financially troubled town with neighbouring Guysborough.

Canso Mayor Frank Fraser says the process has been long and difficult.

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# Suspected terrorist decries bail conditions

► Spy-agency witness says Egyptian has not renounced extremist beliefs

The government's justification for keeping an Egyptian suspected of terrorist involvement under rigid house arrest is based on false information obtained by torture, the man said yesterday.

Speaking outside Federal Court, Mohamed Zeki Mahjoub said his situation has caused him and his family great distress.

"It is very harsh for me and for my family," Mahjoub said.

In court, a witness for Canada's spy agency outlined that Mahjoub should remain under stringent house arrest because he poses a threat to national security.

The agent, who can only be identified as Witness No. 4, drafted an updated threat assessment last month indicating Mahjoub remained potentially dangerous.

The assessment is based on Mahjoub's "background and previous activities," including being an active senior member of an al-Qaida-affiliated terrorist group, the witness said.

"He was not a pawn or follower," said Witness No. 4, who testified from a



► Mohamed Zeki Mahjoub, 51, an Egyptian accused of terrorist involvement, is seen outside Federal Court in Toronto yesterday.

courtroom in Ottawa.

"He has a certain pedigree. He has a certain deeply held belief system."

Mahjoub, 51, of Toronto, came to Canada in 1995. He was detained in 2000 under a national-security certificate, which allows for indefinite detention of a foreigner without charge or trial.

He spent more than seven years since that in jail, and the rest of the time has been under stringent house arrest that involves wearing a tracking device, keeping a curfew and constant surveillance of his residence.

One expert submission

to the court described the release conditions as among "the most invasive in Canadian legal history — prying into every recess" of his life.

The government alleges that Mahjoub recruited others to take part in assassination cells in Egypt, and was involved in the bombing of the Egyptian embassy in Islamabad in 1995.

Ottawa wants to send the married father back to Egypt, but he has staved off deportation by arguing he would be tortured there if sent back.

He has previously argued successfully that some of

the information being used against him in Canadian courts was derived from torture.

Witness No. 4 did concede the service has no fresh information to justify its view that Mahjoub remains a threat that can only be mitigated by his detention or conditions of his release.

Because the current situation in Egypt is "dynamic" and "tumultuous," it is "rife with opportunity" for people to resort to violence for political and religious objectives, he said.

Mahjoub is still contesting the reasonableness of the national security certificate itself in a separate hearing.

"The threat assessment itself didn't allege I'm dangerous to Canadian society or any other person," said Mahjoub, who heard the agent testify via a video-linked courtroom monitor in Toronto.

Mahjoub and members of the public could not see the agent.

The hearing is expected to last for several more days.

THE CANADIAN PRESS

## Bunnies may get reprieve

A white knight has hopped into the fray to rescue bunnies facing the death penalty in Canmore, Alta.

The town has made international headlines for its plan to trap and gas its out-of-control feral-rabbit population. But Animal Rescue Corps (ARC), a non-profit animal-protection organization based in Washington, D.C., has offered a different solution.

"With a plan in place, ARC would be on the ground as soon as is feasible. Once there, we anticipate the entire operation would last no longer than six weeks (to capture, sterilize and relocate 100 per cent of the rabbits) and would be completed at less



► Rabbits facing death.

# 2,000

According to Canmore officials, the population has hit the 2,000 mark — one rabbit for every six people in the town of 12,000.

cost to the community than the current catch-and-kill plan," wrote ARC president and founder Scotlund Haisley in a letter to the town.

THE CANADIAN PRESS

### KINGSTON DEATHS

## Expert testifies on honour killings

So-called honour killings stem from a loss of male control over women's bodies, and bloodshed is seen as a way to purify dishonour, an expert testified yesterday as the Crown wrapped up its

case against a family accused of four such killings.

In some cultures, particularly in the Middle East, honour is valued more than life, Shahrzad Mojab told court.

Mojab was the last witness to testify for the prosecution in the trial of a Montreal couple accused, along with their adult son, of killing their three daughters and the first wife in the family's polygamous marriage.

THE CANADIAN PRESS



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Canada

# Planet similar to Earth found

- ▶ Kepler-22b is about 2.4 times the size of our home
- ▶ Space shuttle would take 22M years to get there

A newly discovered planet is eerily similar to Earth and is sitting outside Earth's solar system in what seems to be the ideal place for life, except for one hitch: It is a bit too big.

The planet is smack in the middle of what astronomers call the Goldilocks zone, that hard-to-find place that is not too hot, not too cold, where water, which is essential for life, does not freeze or boil. And it has a shopping-mall-like surface temperature of near 72 degrees, scientists say.

The planet's confirmation was announced yesterday by NASA along with

▶ Jill Tarter, director of the Center for SETI Research, looks at a graphic showing the newly discovered planet Kepler-22b at the NASA Ames Research Center yesterday in Moffett Field, Calif.



other discoveries by its Kepler telescope, which was launched on a planet-hunting mission in 2009.

That is the first planet confirmed in the habitable zone for Kepler, which al-

ready had found Earth-like rocky planets elsewhere. Twice before astronomers have announced a planet found in that zone, but neither has been as promising. **THE ASSOCIATED PRESS**



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## Texas. Snowfall



▶ Jovonica Cortinez, left, 19, and her friend Angelina Llanez, 30, make a snowman yesterday in Purple Sage Park in Odessa, Texas.

MARK STERKEL/ODESSA AMERICAN/THE ASSOCIATED PRESS

## Odessa gets 2.5 inches of snow

The National Weather Service indicated that Odessa had received about 2.5 inches of snow but that other parts of the area had received more.

**300** A team at the University of California at Berkeley discovered two gigantic black holes in clusters of galaxies 300 million light years away.

## Hole lotta nothin'

Scientists have found the biggest black holes known to exist — each one 10 billion times the size of our

sun. The previous black-hole record-holder is as large as six billion suns.

**THE ASSOCIATED PRESS**

## Greenpeace invades nuclear plant

Greenpeace activists invaded a French nuclear power plant site before dawn yesterday — a media stunt that deeply embarrassed the government as it was carrying out a safety review of France's crucial atomic energy sites.

In one of at least four near-simultaneous attempts to invade nuclear sites across France, nine activists sneaked into one plant in Nogent-sur-Seine southeast of Paris. Some scaled a domed containment building above a nu-

clear reactor to hoist a banner that read "safe nuclear doesn't exist" and paint an exclamation point, evoking danger, on the rooftop.

President Nicolas Sarkozy derided the "rather irresponsible" risks to lives. **THE ASSOCIATED PRESS**

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# U.S. rethinks visa plan

► Secretary of State orders review of popular exchange program after officials find workers were exploited by mafia, businesses ► Reforms being considered

## J-1 controversy

- The State Department has made several changes last year after it uncovered widespread abuses, including living and working conditions that some participants compared to indentured servitude.
- In one of the worst cases, a woman said she was beaten, raped and forced to work as a stripper in Detroit after being promised a job as a waitress in Virginia.
- In August, dozens of workers protested conditions at a candy factory that packs Hershey chocolates in Pennsylvania, complaining of hard physical labour and pay deductions for rent that often left them with little money.

U.S. Secretary of State Hillary Clinton has ordered an "extensive and thorough review" of a foreign-exchange program that has been used by U.S. businesses as a source of cheap labour and exploited by criminals to import women to work in the sex industry.

In the latest debacle for the J-1 Summer Work Travel visa, a federal indictment unsealed last week accuses the mafia of using the cultural exchange program to bring Eastern European women to work in New York strip clubs.

The U.S. House Judiciary Committee's immigration subcommittee also has been gathering information on the J-1 visa, which was created in 1963

to allow college students from other countries to spend their summer breaks living, working and travelling in the U.S.

As the program has grown to facilitate more than 100,000 exchanges annually, it has become as much about money as cultural understanding.

A State Department spokesman, who spoke anonymously, said Clinton "has called for an extensive and thorough review of the program."

"We continue to be committed to working to strengthen the Summer Work Travel Program to safeguard the health and welfare of the participants," the official said in an email late Friday. "We have already instituted one set of reforms and are

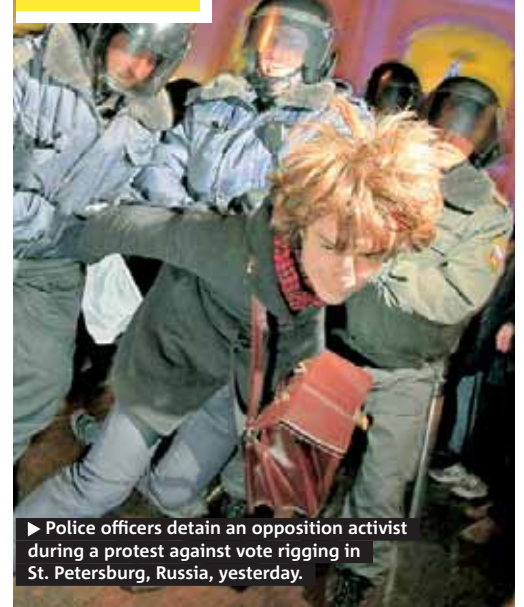
working toward additional ones that take additional measures to protect participants and prioritize the original cultural intent of the program."

The New York case was made public just days after the State Department opened a period of public comment on proposed changes that would require companies that sponsor the participants to gather more information about employment and living arrangements.

The reforms being considered by the State Department would limit and refine the types of jobs students can have, expand the list of prohibited employment categories and strengthen the cultural aspects of the program.

THE ASSOCIATED PRESS

## Russia. Protest



► Police officers detain an opposition activist during a protest against vote rigging in St. Petersburg, Russia, yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

## Election outrages Russians

Thousands of protesters hit the streets last night and accused Prime Minister Vladimir Putin's party of rigging this weekend's parliamentary election in which it won the largest share of the seats, but its popularity fell.

## Anti-conflict diamond body failing: Rights group

A major human-rights watchdog yesterday left the international body charged with keeping blood diamonds off the market, accusing the group of refusing to address links between the gems, vio-

lence and tyranny.

Global Witness's departure from the Kimberly Process raises questions about whether consumers can be sure the diamonds they buy aren't fuelling conflict. THE ASSOCIATED PRESS

## Nuclear plant leaks toxic water

Japan's crippled nuclear power plant leaked about 45 tons of highly radioactive water from a purification device over the weekend, its operator said, and some may have drained into the ocean.

The leak is a reminder

of the difficulties facing Tokyo Electric Power Co. as it tries to meet its goal of bringing the tsunami-damaged Fukushima Dai-ichi nuclear power plant to a cold shutdown by year's end.

A pool of radioactive

water was discovered midday Sunday around a decontamination device,

TEPCO said in a statement on its website. After the equipment was turned off, the leak appeared to stop. Later, workers found a crack in

a concrete barrier leaking the contaminated water into a gutter that leads to the ocean.

TEPCO estimated about 300 litres leaked out before the crack was blocked with sandbags.

THE ASSOCIATED PRESS



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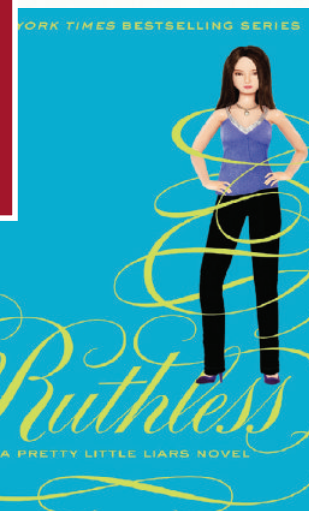
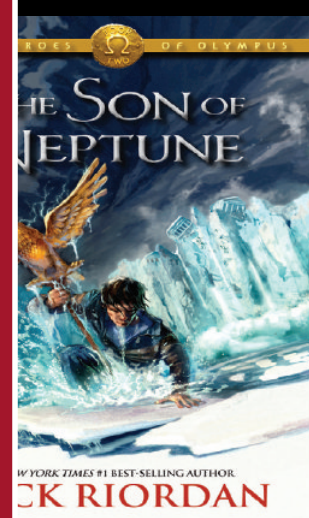
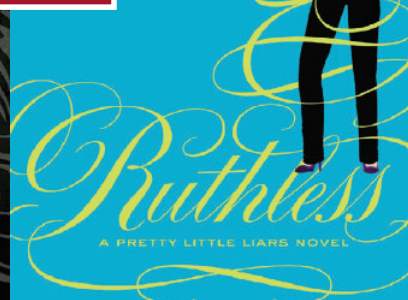
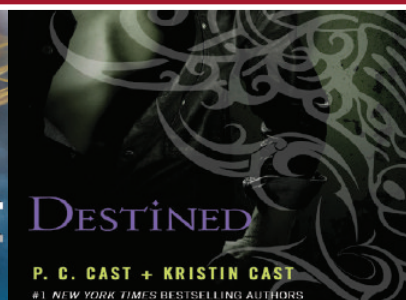
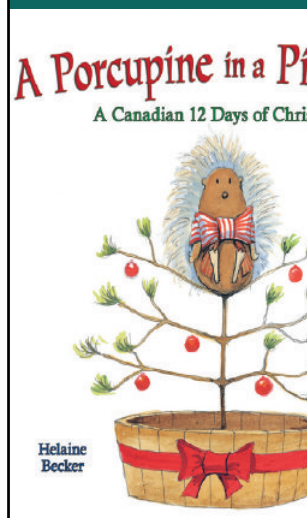
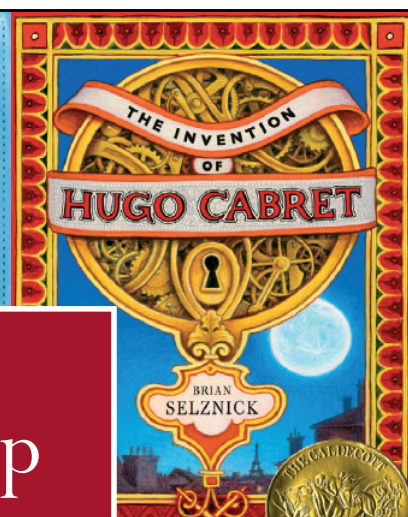
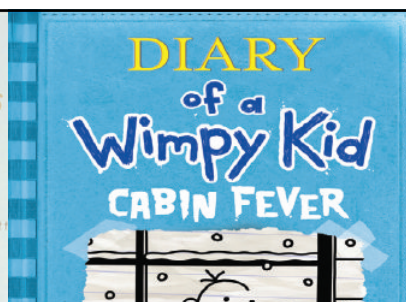
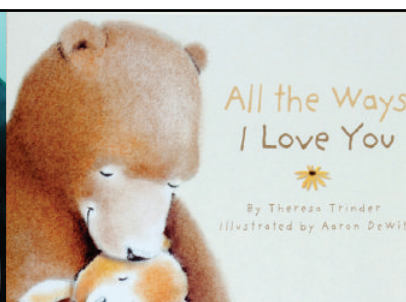
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# Income inequality rising: Report

► Economic growth doesn't trickle down to the poorest, OECD study finds

Governments need to do more to address a growing gap between rich and poor in Canada and around the world by fostering more and better jobs and even considering raising taxes, a global economic think-tank

says in a new report.

Among its findings, the Organization for Economic Co-operation and Development reported that the average income of the top 10 per cent of Canadian earners in 2008 was \$103,500 —

10 times that of the bottom 10 per cent at \$10,260.

The ratio for Canada in the early 1990s was about eight to one.

While the OECD study reaches only to 2008 — just as the recession kicked in

around the globe — that kind of income inequality has been at the heart of the Occupy Wall Street protests across the U.S. and Canada.

The report found the gap between rich and poor in its member countries

SEAN KILPATRICK/THE CANADIAN PRESS



► Finance Minister Jim Flaherty stands during Question Period in the House of Commons in Ottawa yesterday.

## Canada's record

► Finance Minister Jim Flaherty defended the government's record on job creation. "The OECD and the IMF say that Canada's economic growth, job creation will be the best going forward. That's how you address inequality," he told Parliament.

had reached the highest level in more than 30 years in 2008, with the average income of the richest 10 per cent now about nine times that of the poorest 10 per cent.

"Greater inequality does not foster social mobility," OECD secretary general Angel Gurría said in the release of the report.

THE CANADIAN PRESS

## RIM's image could suffer after Jakarta incident

TATAN SYUFLANA/THE ASSOCIATED PRESS

The head of Research In Motion's operations in Indonesia could face charges related to a stampede at a recent promotional sale where dozens of consumers were injured, another incident that could tarnish RIM's brand.

Canadian Andrew Cobham was among four suspects who is facing possible charges of negligence leading to injury, Jakarta police spokesman Col. Baharudin Djafar said yesterday.

The crime carries a maximum penalty of nine months in prison.

Dozens were injured and several people fainted at the Nov. 25 debut of RIM's BlackBerry Bold 9790 in Jakarta.

There were reports that 5,000 people attended, drawn by a 50 per cent discount to the first 1,000 shoppers.




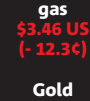
Research In Motion said it sincerely regrets that some customers were injured and others experi-



► BlackBerry shoppers line up in Jakarta last Friday.

enced frustration and upset. THE CANADIAN PRESS

## Market moment

TSX	Dollar
	
+ 44.24 (12,119.33)	+ 0.15¢ (98.35¢ US)
Oil	Natural gas
	
+ 3¢ US (\$100.99 US)	\$3.46 US (- 12.3¢)
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# A CONSUMMATE DATER'S HOLIDAY GIFT GUIDE

## SHE SAYS ...

JESSICA NAPIER  
METRO



aren't mandatory, you still might want to indulge that special someone in your life. However, the last thing you want is to appear cheap or inappropriately extravagant in front of a new (or new-ish) beau.

And, sure, it really is the thought that counts — but you certainly don't want your new mate thinking, "Oh, you got me a new watch? Gee, I didn't think we were there yet."

Whether you're just getting to know each other, happily dating or settling down, the different stages in a relationship warrant various types of festive indulgences. If you're not sure on the proper present etiquette for your particular dating scenario, here are some appropriate gift ideas that will ensure your budding relationship lasts into the new year.

### Just met: Dating for less than a month

You've been on a couple of dates and, hey, maybe this is going somewhere, but you're still not all that sure. You haven't even had "the talk" and now you're pressured into an awkward gift-giving situation. Don't panic. Avoid going over the top and stick with small tokens, edibles or the ultimate icebreaker — alcohol.

**"... chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances."**

**Brand new beaus: One to four months**  
Ah, yes, new-relationship bliss; you're getting to know one another but haven't yet figured out each other's flaws. In the honeymoon phase, you'll be tempted to go all out on a

gift, but it's probably still too soon to spoil your partner with something lavish. Show your new sweetheart you're smitten (without breaking the bank) with a sexy new scent or tickets to a show or sporting event.

### Getting serious: Four months to a year

Now that you're settling down, you'll want to start making some memories together. Skip the tangible gifts and take your relationship on the road for a much-needed romantic getaway after all the meet-the-parents holiday stress.

### Committed coupledom: A year or more

OK, now you can give in to your urges on those big-ticket items without feeling like maybe it's a bit too much. Go ahead and splurge on jewelry, electronics and other unrestrained gifts that say, "We're in a committed relationship."

### In it for the long haul: Married

You don't need any help here — chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances.

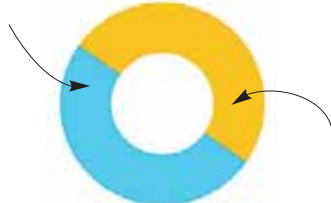
Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



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[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

Who's the more eligible bachelor(ette),  
Ashton or Demi?

50%  
ASHTON



50%  
DEMI

## Local tweets



► **@Maple Staples:** It's December 5th, a rather balmy

12 degrees here in Halifax, so what the hell let's pull out of Kyoto!

► **@willardjon:** It is 4 degrees warmer in Halifax today than Phoenix, and 20 degrees warmer than Swift Current, my mother informs me. I'm okay with this.

► **@natassha\_n:** Sitting on my back deck in a t shirt and jeans in December. Who knew? #globalwarming #Halifax

► **@AshleyMayCard:** An un-

employed, drunk, G-wannabe, 19 year old just tried to pick me up on the bus. Stayin' classy Halifax.

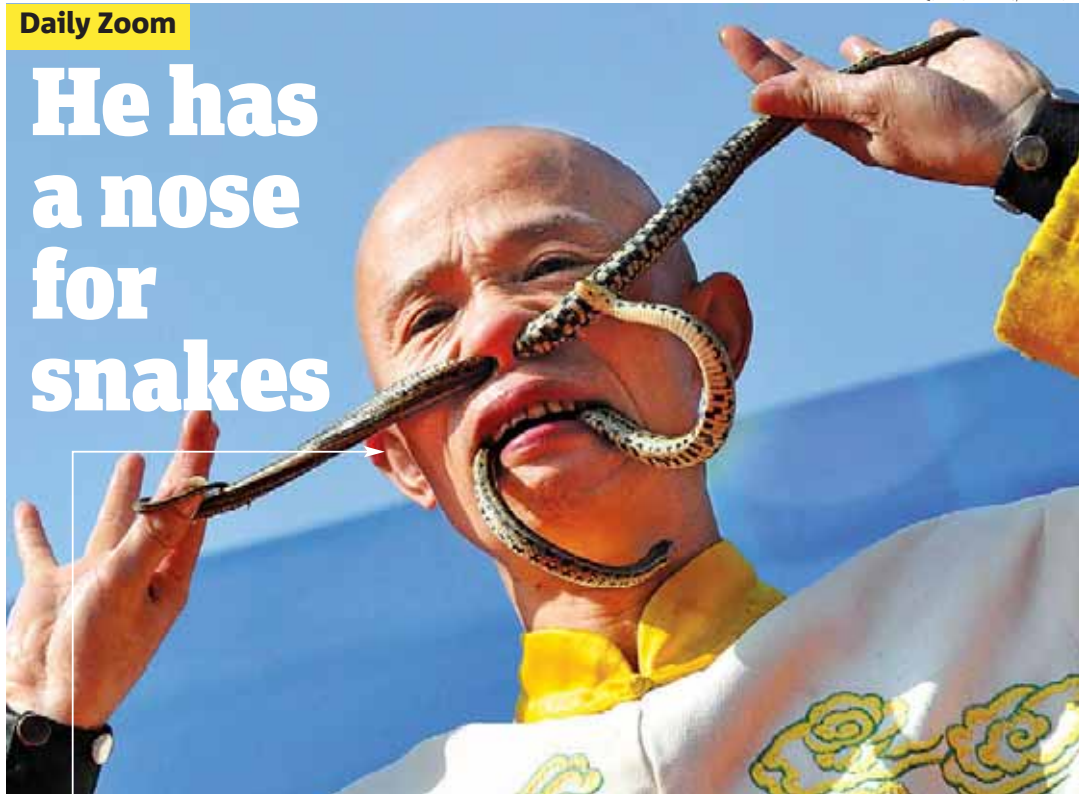
► **@CuzinRizzle:** How does #hrm need more time for a stadium? They've only known about the deadline 4 a few yrs. We wonder why moncton is ahead. #smh #Halifax

► **@DuffJackie:** Who else in #Halifax is tired of seeing buses that are out of service while the bus you want is consistently late? System broken? Yeah!

► **@smitten\_kitten\_:** I need an ugly Christmas sweater for a party this weekend. Help! Where would I find something? #halifax

## Daily Zoom

# He has a nose for snakes



## Serpents invade man's orifices

**NANNING, CHINA.** This performance artist has certainly poked his nose into some slithering business. Liu Fei threads two snakes from both nostrils and out of his mouth at Nanning Zoo in Guangxi province, south China.



Another artist, Liu Xin, performed a headstand on top of a nail.

© METRO WORLD NEWS

## Snakeman Liu

► **Adept at handling snakes.** Liu Fei, 40, is nicknamed Snake King Asia.

► **Several snakes at once.** He can handle up to three three-foot-long cauliflower snakes.

► **During a TV show** Liu managed to let a foot-long snake crawl through his nose and mouth.

# 9

**Nine snakes in a human mouth is the Guinness World Record. It was set in Texas in 2003 by Jackie Biddy. He gathered the bunch of snakes by their rattles and put the tails into his mouth and held still for 10 seconds.**



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# A real, honest comedy

► The Sitter director David Gordon Green talks about working with Jonah Hill on his latest comedy ► Says that Hill doesn't hold back what he's feeling and that makes for great laughs

**STEVE GOW**  
SCENE@METRONews.CA

Jonah Hill is an unlikely star. After rising to fame in Superbad and co-starring alongside Brad Pitt in the acclaimed drama Moneyball, the private actor is now taking charge in his own comedy The Sitter.

"What I love about him is he's real," said director David Gordon Green recently from Austin, Texas. "He doesn't hide his feelings. He tells you what he thinks without a lot of fake smiles and it comes across as an actor too. It comes across in a vehicle like The Sitter as real funny."

Having made big-screen comedies like Pineapple Express and this year's Your Highness, Green knows funny.

But the award-winning filmmaker also knows honesty.

After all, his career in cinema began with acclaimed dramas like All the Real Girls.

It's an interesting career twist for the director now behind this Friday's release about a terrible babysitter who takes his charges out on a wild night involving drugs, bar fights and exploding toilets.

"I had exercised at the level of exhaustion a lot of



► In The Sitter, Jonah Hill plays a terrible babysitter who takes his charges out on a night filled with drugs, bar fights and exploding toilets.

my personal emotion in my movies so it got really heartbreaking because no one would go see them," said Green of his move into more mainstream comedy.

"I was just kind of looking at my career thinking I'm making stuff for myself and I'd like the experience of making stuff that people would go see," he said.

In fact, disappointing returns on Your Highness

almost drove Green back to serious cinema.

That is, until the subversive script for The Sitter showed up.

"When I read The Sitter, I thought it had a lot of great honesty and dimension to a comedy and could bridge two interests of mine," said Green.

"It was also the first movie anyone asked me if I wanted to make. I'd never heard those words before."

## Jonah Lite

The Sitter marks Jonah Hill's last film before he dramatically dropped over 30 pounds of weight.

► "It's right toward the end of this movie that he started dieting and getting healthy," said Green. "It certainly became a really tremendous step for him to take and it's been cool to be a part of that transition."

► And Green has something to say to cynics who claim the weight loss will impact Hill's career. "It sucks that people don't give you the benefit of the doubt at first but its just something professionally – you're in the spotlight, you have to prove it to everybody."

# 2

  
scene

## Scene in brief



The Material Girl will be taking the stage on football's biggest night. Madonna, who has sold more than 300 million records, will perform at halftime of the Super Bowl in Indianapolis. The NFL and NBC announced Sunday during the Detroit-New Orleans game that the Grammy Award-winning singer will highlight the show at Lucas Oil Stadium on Feb. 5.

THE ASSOCIATED PRESS



The Band Perry reflects on amazing year as they return to youth-themed American Country Awards

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# A review, straight from the writer

► Mark Breslin gives his opinion on his new book, *Road Warriors and Rarities* ► The review isn't scathing



Asked to review my own book, I thought, "Finally...some journalistic objectivity!"

So here goes.

"Mark Breslin's new audiobook about the history of Canadian standup comedy is simply the best audiobook ever written and recorded in the history of the medium."

OK, maybe a bit over the top.

"Mark Breslin's new audiobook is a miserable and useless collection of irrelevant cuts by a writer clearly past his prime, try-

ing to hold on to old, sad memories."

Hmmnn... a bit rough on myself. Let me try again.

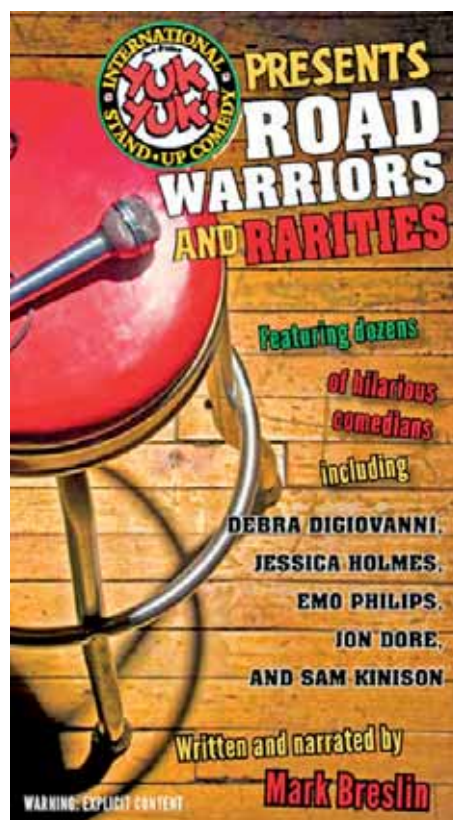
"I looked forward to Mark Breslin's new audiobook, *Road Warriors and Rarities*, with some anticipation. I enjoyed his last foray into the history of Canadian standup, and was grateful for the way he merged well-chosen audio tracks and personal reminiscences into a seamless blend all his own.

But while the earlier volume was laden with theories of how race, class and gender affect our national humour, this CD

collections uses geography as its starting point and organizing motif.

There are fewer stars on this edition, but comedy fans will recognize names such as Debra DiGiovanni, Jon Dore, Sam Kinison, and many others. Perversely, Breslin even states that stars don't really hold his interest — he's fascinated by comics he thinks are every bit as good as household names, but that few people know. After listening to over 50 tracks, I wouldn't argue with him.

The CDs are arranged by section: *Rarities*, including the brilliant but esoteric gems Sean Keane



"Breslin introduces each comic with an appreciation of their work and his insights are keen and personal."

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and Sheila Gostick; Expatriates, both to the U.S. and the U.K.; Homegrown Stars, with comics like the great Red Green, Maggie Casella, and The Frantics; and *Road Warriors*, a set of the newer, stars-of-tomorrow, with Mark DeBonis, Mark Little and Terry Clement being just some of the standouts.

Breslin introduces each comic with an appreciation of their work, and his insights are keen and personal, except for the last disc where I found them a bit rushed and forced.

All in all, definitely worth a listen, especially on a long drive, or a perfect holiday gift for the lover of comedy in your life."

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Breslin's book

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Breslin's Audiobook Boxset *Road Warriors  
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# More gloom than glamour?

Report alleges Beverly Hills Housewife Kim Richards enters rehab

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONews.CA



I always thought the "point" of the Real Housewives franchise was to show us, the common people, how glamorous and lovely it is

being stinking rich.

But The Real Housewives of Beverly Hills just makes me grateful for my overdrawn MasterCard.

As you may remember, four months ago, cast member Taylor Armstrong's husband killed himself, reportedly over financial problems.

Now, Entertainment Tonight is reporting that cast member Kim Richards

is in rehab.

In previous episodes of the show, Richards admitted to taking anti-anxiety and antidepressant medications, as well as an anti-seizure medication that can be used to treat alcoholism (meaning: Richards isn't a person who just has one too many glasses of wine at dinner; she's probably hiding hooch around the house).

It's sad. Everything about this show is sad. And maybe everyone on this show would be happier and healthier if they stopped trying to impress the Joneses and downgraded their materialistic lives into something a little more manageable and normal.

Sometimes you just have to blow dry your own hair and vacuum your own floors, you know?



► Kim Richards

ALL PHOTOS GETTY IMAGES

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## Giuliana Rancic to get double mastectomy

Giuliana Rancic, 36, once the poster child for infertility, is now, sadly, the spokeswoman for another terrible affliction: She announced yesterday on the Today Show that she will have a double mastectomy after lumpectomies failed to completely eradicate her breast cancer.

She says the reason for the dramatic procedure is twofold.

"For me, it was important to get the cancer out," she says. "That's what I wanted to do, just get it out."

And she also didn't



► Giuliana Rancic

want to delay trying for a baby with husband Bill Rancic, 40, as having another lumpectomy-radiation option would have meant delaying pregnancy for a few years.

"I couldn't be more at peace with the decision. But it's hard, and I still break down some nights. ... But I'm OK."

Best of luck with your recovery, Giuliana. ● METRO

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—London Evening Standard

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# Dig your own grave by shovelling snow

► Study shows once again danger associated with clearing the drive



**CELIA MILNE**  
LIFE@METRONEWS.CA

Shovelling: It's not for the faint of heart.

When the next snow storm hits, think twice about grabbing that shovel to clear the walk.

Especially if you are male, inactive, have a weak heart, and smoke.

In a recent study, researchers at Queen's University in Kingston, Ont., looked back over the medical records of 500 people with heart problems who arrived in the winter-time at Kingston General Hospital (KGH) Emergency room.

The team found that 35 (seven per cent) of these patients had noticed their first symptoms while shovelling snow.

It may not sound like a huge percentage, but in medicine it is very significant, says Dr. Adrian Baranchuk, associate professor of medicine at Queen's University and a cardiologist at KGH, lead author of the study.

He guesses there are plenty more people who didn't mention they were shovelling snow when

their symptoms started. Of the 35 who developed problems while shovelling, 31 were male.

"The group at highest risk is men with family history of heart attacks or cardiovascular disease," says Baranchuk.

"You're also in the highest-risk group if you have coronary artery disease and you smoke."

If you're a woman and you have no family history of coronary artery disease, you are at low risk, he adds.

An earlier Harvard University newsletter describes how problems develop.

Sudden physical exertion, such as shovelling, can put a big strain on the heart and make blood more likely to clot.

When a clot forms inside a coronary artery, it can block blood flow to part of the heart.

Deprived of their supply of oxygen and nutrients, heart muscle cells begin to shut down, and then die.

This is a heart attack by definition.

The Queen's University study was published in the journal Clinical Research in Cardiology.



ISTOCK PHOTOS

► Have you checked the risks? The season, it may be time to invest in that snowblower.

# 3

life

A new study shows



**Yaeba teeth: Cute or...?**

Gap teeth are so last year; cosmetic dentists in Japan are now being flooded with requests for crooked teeth. Move over Lara Stone and let Kirsten Dunst take centre stage. Why did we bother spending our teenage years with metal braces digging into our gums if crooked was cool all along? **METRO**



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# Are you prone to cheat?

► Study shows that creative types are more likely to rationalize their actions ► So, how outside the box are you?

Consider yourself creative? Then you're also more likely to cheat, according to a new study by Harvard University's Business School.

"In our research, we find that both a creative personality and being in a creative mindset help people resolve the conflict more easily and give into the temptation to cheat," says Francesca Gino, associate professor of Business Administration and co-author of the study. "In fact, creativity allows people to come up with many good reasons why their unethical actions are not so bad after all — they rationalize them."

For the study, the team conducted five experiments to test the thesis creative people would

cheat under circumstances where they could justify their bad behaviour. In the tests, they were offered cash for turning up, then given tasks in which they could be paid more if they cheated — and given the opportunity to cheat. The results showed that more creative participants were significantly more likely to cheat.

The test results found that intelligent people are not as likely to cheat as creative ones.

"In our studies, we do not find a link between intelligence and dishonesty," explains Gino.

Solving moral conflicts seems to require creativity and 'thinking outside the box.'

"Intelligence seems

helpful for other types of problem solving; but resolving this conflict is not one of them."

The results could possibly mean bad news for your marriage.

"We believe that the same underlying psychology applies also in other cases,

when people face other moral dilemmas — such as whether to cheat on their partners or not," says Gino.

"Across dilemmas people will experience the same type of conflict (short term benefit vs. long term benefit). What may

vary is the intensity of it." The

good news is that cheating doesn't necessarily make you a bad person.

"Most of us share the common experience of engaging in creative justifications for behaviours that do not align with our longer term goals to be good. I am thinking of situations that do not involve cheating per se, but more lying to ourselves."

Even Gino herself is guilty of cheating her healthy-eating goals.

"I can think of times where I engaged in creative justifications for eating dessert

## Cheater test

Are you a cheater?

► **Francesca Gino quote:** "We generally believe ourselves to be good and moral (and want to be seen by others as such), but most people cheat when tempted to do so — if only by a little bit, rather than to the maximum extent."

► **Ask yourself:** Does your Internet profile accurately reflect your personality or have you 'improved' some of your characteristics?

(or an extra dessert) even when I don't need it, or for not going to the gym."

● METRO WORLD NEWS

## ADVERTISING FEATURE

### Loved Ones Affected By Problem Gambling Study

Katherine arrives at her parent's house for Sunday dinner, excited to share the news of her big promotion at work. Her dad is sitting on the front step, with his head in his hands.

She sits down beside her father and when he looks up at her she sees pain on his face. She is worried that something bad has happened. Her dad is usually so easy-going; nothing ever seems to upset him. Katherine feels dread in the pit of her stomach as she asks what is wrong. Her father sighs heavily, "Katherine, I really tried my best to handle this without involving you." Katherine feels her unease deepen, what could it be? Are her parents getting a divorce? Did something happen to her brother overseas? "I don't know how to tell you this," he continues, "Your mother and I are completely wiped out, our RRSPs are gone, the credit cards are maxed and now I'll never be able to retire."

"Dad, what's happened?" Katherine

gasps, confused.

Katherine's father looks down at the ground, "I hate to tell you this, but it's time. I found out a few years ago that your mother was gambling at the VLTs. It was just trips to the casino with the girls at first, but then she won over \$2000 one day, do you remember?"

Katherine thought back to that day, with all of its excitement. Her mom had come home and announced to the family that she was taking them all on a weekend ski trip with the money.

"After that, she started playing the machines more and more. She would go to play after I left for work. She ran up her credit cards and was too ashamed to tell me, so she just kept playing to try to win back her losses. She finally told me, and we covered it, barely. The last two years have been a repeat, with her always promising to stop, me getting nasty surprises from bill collectors in the mail." Her father stared at his hands in embarrassment. "Honey, we may lose the house, I know you just got your big promotion, do you think you could help?"

Katherine looked into her father's eyes and saw how much it was killing him to ask her for help, his little girl. She definitely wanted to do something to help her parents, but she was so confused. **What was the best way to help?**

Although this story is fictional, it paints a picture of the reality that many Nova Scotian's face. Families are often the first ones to feel the impact of a loved one's gambling. They often want help but don't know where to turn, especially if their loved one is not ready for treatment themselves. Researchers at Addiction Services and Dalhousie University are interested in finding the best way to help the family members and others who are close to a person with a gambling problem.

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# Why music feels good

► It gets dark early these days, which can lead to depression ► But you've got a tool right in your pocket ► Music can profoundly change your mood, and we talked to experts about why

**ROMINA MCGUINNNESS**  
SCENE@METRONWS.CA  
METRO WORLD NEWS IN LONDON

Isn't it amazing, while flipping through your iTunes collection, how hearing each song affects your mood so significantly? One can make you feel light and bouncy; another can instantly take you to a dark, depressing place, vaguely connected to some past memory. Why does this happen? As Van Halen once sang: "Somebody get me a doctor!"

Hey, here's one now: "Once the emotional link to music is established, our neurological reactions are profound," confirms Dr. Concetta Tomaino, director of the Institute for Music and Neurologic Function in New York. "Our brain creates hard-wired responses to certain situations that are repeated when listening to the music."

## Memories are key

As is chemistry: The personal connection you have to certain songs triggers the release of feel good chemicals in the brain such as dopamine, and serotonin, the same ones released when taking drugs such as cocaine or ecstasy, providing an adrenalin rush and a feeling of euphoria.

Hormonal changes also



► Beyoncé looks happy. She must have just been listening to her own music.

occur: "Your brain triggers the release of the 'cuddle' hormone oxytocin, that promotes feelings of love and trust," says another doc, Dr. Michael De Georgia, director of Music and Medicine at University Hospitals Case Medical Center.

And like any good psychological issue, your mom may also come into play. Maegan Morrow, music therapist at the TIRR Memorial Hermann Rehabilitation Hospital in Houston, believes that our connection with music comes from the way we were nurtured — "a cer-

tain voice could make you think of your mother's lullabies, or a band you used to listen to in your prime party days," she says.

## Music matters, too

A song's structure also makes an impact. Tomaino says anything faster than normal walking tempo makes us feel energized. But according to De Georgia, the key to an elating song is one whose rhythm is at the same frequency as our heart beat, an average of 60 to 80 beats per minute. Anything below 60

beats is both sad and relaxing whereas anything above 80 can either rev you up, or cause anxiety.

"Rock music can make you feel euphoric but a frequency too much above heart beat causes your brain to release stress hormones," he explains.

Morrow describes rhythm as an external force to which our bodies align. "Our bodies are rhythmic; our steps, our heart beat, our breath. Rhythm brings structure to the environment and the body behaves like an oscillator trying to align with that beat to fit into that structure," she says.

## The happiest tunes

Feelings of happiness are

strongly linked to key tone: "Minor keys are often associated with depression and sadness and major keys with feeling happy," says De Georgia. Also, higher pitched, generally female sounds are thought to be comforting. But sometimes, it just comes down to you loving the song. "When we know a song's tonal structure, we feel comfortable," says De Georgia. "Brilliant musicians such as Mozart and The Beatles managed to tweak a song just outside of the 'comfort zone', making it unique without entirely losing the plot and going off beat," he adds. So don't fear the winter blues. Here comes the sun.

## Top feel goods

- 1 Shake it Out, Florence + the Machine:** This is the song version of a drum roll. Filled with anticipation.
- 2 Smile, Lily Allen:** Her voice is soft and sweet and this song literally makes you want to smile.
- 3 California Gurls, Katy Perry:** perfect background beat and her high pitched but even voice make you want to get up and dance.
- 4 Happy Up Here, Röyksopp:** The sonic equivalent of a rubber bouncing ball, this, from the Norwegian electronic music duo, feels "up."
- 5 Countdown, Beyoncé:** powerful voice, regular beat and high tone.



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# Pavia: Herring Cove's pride

► This espresso bar and café impresses with its modern space & tasty eats



► Quattro Stagioni panini with Sweet Potato Soup.

## LUNCH RUSH

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Every neighbourhood needs a café like Pavia.

This welcoming, modern space is wide open with loads of light, comfortable seating and an industrial photography exhibit on its walls.

The friendly owners make and serve Italian coffee with the reverence it deserves — this is the place for serious espresso lovers. The grilled paninis on sourdough bread are equally good.

Quattro Stagioni (\$8) features grilled vegetables sautéed in balsamic vinegar, goat's cheese and locally grown spinach. All' Amantea (\$9) is even bet-

► **Pavia Gallery Espresso Bar & Café**  
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Price range: \$\$  
Rating: 4 out of 5

ter with Italian prosciutto and fresh mozzarella layered with green olives and drizzled with extra virgin olive oil. Lovely.

Our sandwiches are accompanied by a cup of this day's soup (\$4 extra) — a richly flavoured sweet potato with lime and coconut.

For dessert we enjoy two tasty homemade cookies (\$2 each) — chocolate chip and ginger.

The day Pavia opened was a good day indeed for the folks in Herring Cove.

## Blueberry Mascarpone Semifreddo



Semifreddo means half-cold in Italian. It typically refers to various chilled or partially frozen desserts, including cake, ice cream, fruit and custard or whipped cream.

In this version for a celebratory occasion, frozen wild blueberries are melded with mascarpone, a rich cream cheese from the Lombardy region of Italy.

### Preparation:

- 1 Cut vanilla bean in half; scrape out seeds. In saucepan, heat milk and vanilla seeds over medium heat until steaming.
- 2 In heatproof bowl, whisk egg yolks and sugar until creamy. Pour milk into egg
- 3 Using electric mixer, beat mascarpone until creamy and smooth. Beat in egg mix until combined and lightened. Fold in blueberry puree, remaining blueberries and chocolate. Pour into a small loaf pan lined with plastic wrap and freeze for 4 hours or until firm.
- 4 Turn loaf onto serving platter and remove plastic wrap. Cut in 2.5-cm (1-inch) slices and garnish with mint, pistachios, blueberries, **THE CANADIAN PRESS/WILD BLUEBERRY ASSOCIATION**

### Ingredients:

- 1 vanilla bean
- 125 ml (1/2 cup) milk
- 3 egg yolks
- 75 ml (5 tbsp) granulated sugar
- 625 ml (2 1/2 cups) frozen blueberries
- 250 ml (1 cup) mascarpone
- 30 g (1 oz) bittersweet chocolate, chopped
- 10 ml (2 tsp) chopped shelled pistachios, frozen wild blueberries, mint leaves for garnish

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Top 5: December 5<sup>th</sup>

- 1 Adele: Someone Like You
- 2 Flo Rida: Good Feeling
- 3 Alexandra Stan: Mr. Saxobeat
- 4 Katy Perry: The One That Got Away
- 5 Danny Fernandes: Hit Me Up

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# Go ahead and re-gift

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In the past, re-gifting was socially shunned.

But these days it's very common because re-gifting saves money and reduces waste.

Throw that Billy Blanks Tae Bo DVD in a used gift bag and give it to your second aunt who's trying to shave off a few pounds and get fit.

According to couponcabin.com, four out of 10 North Americans have re-gifted presents. The most commonly re-gifted items are gift cards, duplicate items, and unwanted products.

If you're going to re-gift a present, there are parameters you should follow.

Remove your name from any tags or cards and don't give it back to the same person who gifted it to you. Refrain from re-gifting personal hygiene products like nail clippers or razors. Ensure the present is in its original wrapping and don't recirculate something that has been used.

Try to avoid re-gifting something super sentimental, especially if it's from someone close to you that could find out. Re-gifting is typically a result of the gift-giver trying to stretch an already limited budget.

If your list of people to buy for keeps growing, co-workers, neighbours, teachers, stop! Don't bother buying junk for people. This is exactly how and why people go into debt over the holidays which sets them back financially for months. Instead, write a personalized card or host a volunteer day at the food bank. Why not barter or



► There are rules involved to giving presents a second life. Namely, don't re-gift something that leads to this sort of face.

trade for gifts? Sell unwanted household items on Kijiji to generate some guilt-free holiday cash.

If you feel truly obliged to buy something, keep it small; less than \$10.

Make a small donation on behalf of the person you have to buy for. This is a

meaningful and inexpensive way to show your generosity while spreading the holiday spirit. Or bake treats or make ornaments that everyone can enjoy!

Re-gifting within certain parameters is a resourceful way to keep your budget in check.

## FORGOT A BIRTHDAY?

### CHARLES THE BUTLER



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**What is the correct etiquette to acknowledge an important birthday you've forgotten while you are away and travelling?**

Interestingly, today I'm in Amsterdam on business and it happens to be my dear friend Wendy's birthday.

In a perfect world this problem is really easy to deal with, as you send a card and/or a present ahead of time to the person, perhaps with a warning on the outside of the envelope not to be opened before the birthday date.

Now let's leave the perfect world and go back to

reality.

I've been more than once travelling and halfway around the world and realized it's Wendy's, Aunt Mary's or my best friend John's birthday today and I forgot. So what to do?

1. First, ideally call or email the person right away to acknowledge and apologise for your error. Acknowledging your error is more important than anything at that moment in time.

2. Consider bringing something back from where you are in the world.

3. Remember, if you make a promise (to take them out for dinner upon your return) this needs to be a priority as soon as you're home!

4. Lastly, just be honest. We all live very busy lives and being able to acknowledge your error and following through is the right and best thing to do!

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# TIME FOR SOME R'N'R

## REST, RELAXATION IMPORTANT FOR STUDENTS OVER HOLIDAYS

For students cramming to catch up on the fall semester and wanting to get a jump on the winter semester, the Christmas break can seem like the ideal time to hit the books — but experts say students should use the time to unwind or think long term.

Joanne Mills, a psychologist and the co-ordinator of counselling services at Halifax's Mount Saint Vincent University, says with heavy school loads and long hours working to pay for tuition, students can go years without taking a real rest.

"If at all possible, take the break. They need to charge up their batteries," she says. "For motivation, it's important to miss school. If you don't take that break, you lose your eagerness and passion for learning."

If you can't take a total break, it's better to set down the books and just focus on your job than to study non-stop.

"But having fun and relaxing is probably the best-case scenario," Mills says.

Aleasha McCallion, manager of workplace learning at the University of British Columbia, agrees a break is important, and adds students can use the

time to do some career planning. Think about what you would like to do for a summer job or internship, update your resumé and brush up on your interview skills.

When looking at work placements or internships, ensure it will provide learning opportunities and not just be a volunteer role.

The Christmas break is also a good time to do some online gardening. "What does your online profile look like? Your Facebook? Twitter? LinkedIn? If someone Googled you, what would they find?" McCallion asks.

Make sure it all fits your professional image.

Chad Camacho, a fourth-year history student at the University of Toronto, has tried it all on the winter break. He has studied hard, dropped the books and worked to earn money, and taken a proper vacation.

"I find that if I hit the books really hard right away, I tend to lose interest faster once the semester begins. Too much work over the holidays doesn't work for me," he says. "You only get

two weeks break anyway. I usually just take the time off to relax and spend time with my family."

It also forces him to spend time with people working in the real world as a reminder of what lies beyond university.

Camacho has an added motivation to travel home — he is from the sun-soaked Caribbean island of Trinidad. "It's hard to resist," he laughs. "It's a laid-back atmosphere."

— Jon Tattrie

## THE EARLY BIRD GETS THE JOB

When Heather MacLean was seeking a 2009 summer internship that was part of her master of publishing program at Vancouver's Simon Fraser University, she took a strategic approach.

First, although the internship would run from May to August, MacLean began considering her options, doing her research and contacting people the previous fall. "I thought, if I want to work in the U.S., is that even possible? What's the paperwork? Can I afford it?"

MacLean wanted a paying internship, since she had completed a non-paying one a few years earlier. By January, she had secured a paying internship with the Department of Canadian Heritage in Ottawa in the Book Publishing Industry Development Program (now the Canadian Book Fund).

MacLean offers the following pointers on snagging an internship:

**PICK UNPAID OR PAID.** It's important to decide whether you can afford to work for free for two to four months.

### EVALUATE YOUR LONG-TERM GOALS.

MacLean required a solid work project to base her thesis on, which was the point of her internship. The federal government co-op program met those needs.

**DO YOUR HOMEWORK.** While many programs help set up placements by offering their industry contacts, you have to do a lot of the legwork yourself.

— Jane Doucet

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# SMU sends Sumarah packing

RYAN TAPLIN/METRO FILE



► Steve Sumarah barks instructions from the sidelines.

► Huskies already searching for new head coach ► Haven't won national title since wins in 2001 and 2002



**MATTHEW WUEST**  
@METRONEWS.CA

Steve Sarty says it was "time for a change" with the Saint Mary's Huskies football program.

Sarty, the athletic director at Saint Mary's, let go head coach Steve Sumarah yesterday after six seasons and four Atlantic University Sport championships.

"Coach Sumarah has made significant contributions to Huskies football over the years and we certainly appreciate that, but we decided it was time for change for Huskies football," said Sarty, a receiver with the Huskies in the early 1990s.

"We want to get back to the tradition of excellence that we're used to."

Sumarah declined to comment when reached yesterday but said he would address the media later this week.

The Huskies' run of four straight AUS titles came to an end this year, as Sumarah's squad went 6-2 and lost in the Loney Bowl to the Acadia Axemen.

Sumarah, who took over for Blake Nill in 2006 and has been part of the program for 12 years, has built an impressive résumé as head coach, going 35-12 and leading the Huskies to a Vanier Cup

## Huskies resumé

Steve Sumarah's year-by-year coaching record:

- 2011: 6-2, lost in AUS final.
- 2010: 5-3, lost in CIS semifinal.
- 2009: 7-1, lost in CIS semifinal.
- 2008: 7-1, lost in CIS semifinal.
- 2007: 7-1, lost in Vanier Cup.
- 2006: 3-4, lost in AUS final.

appearance in 2007.

The Halifax native won three AUS coach of the year awards and took the Canadian Interuniversity Sport honour in 2009.

"It was nothing in particular and no one thing," Sarty said, when pressed for a specific reason for his decision. "I just felt a change was necessary for us to move forward."

"In order to get (the program) where we want it to go, we needed to make a change."

Sarty said the rest of the coaching staff remains intact and that he's already started the process of finding a replacement.

"As soon as possible, but we're not going to make any rash decisions," Sarty said. "There's a process that started already and we're hopefully going to find a replacement as soon as possible."

# 4

sports

## Quoted



**"Our intention was to always re-sign Ante."**

CHIVAS USA GM JOSE DOMENE ON THE MAJOR LEAGUE SOCCER CLUB'S RE-SIGNING OF BEDFORD NATIVE ANTE JAZIC ON THE WEEKEND. THE CLUB DECLINED AN OPTION ON THE VETERAN DEFENDER'S CONTRACT LAST WEEK, WHICH ALLOWED MANAGEMENT TO RE-SIGN HIM AT A LOWER SALARY.

## MacKinnon becoming a QMJHL three-star mainstay

HALIFAX MOOSEHEADS

Halifax Mooseheads forward Nathan MacKinnon has earned the QMJHL's three-star distinction for the second straight week.

The 16-year-old from Cole Harbour was rewarded for a five-goal effort in a 6-4 win over the Quebec Remparts on Saturday with the league's second star honours yesterday. He also had an assist in Friday's 5-3 win over the Gatineau Olympiques.



► Nathan MacKinnon

MacKinnon was the league's first star the previous week with two goals and six assists in three games.

**6th** Nathan MacKinnon's spot in the QMJHL scoring race. He has 49 points in just 29 games.

Rimouski Oceanic defenceman Jerome Gauthier Leduc edged out MacKinnon for the first star after collecting four goals and three assists in two games. Quebec Remparts goalie Francois Brassard was the third star. ● METRO

## Sports in brief

### Blain banned for comments

QMJHL. Bathurst Titan defenceman Jeremie Blain has been suspended for two games for inappropriate comments directed toward Shawinigan Cataractes defenceman Jonathan Racine in a game last Friday. The Titan organization was fined \$500 and Blain is required to issue a formal apology to Racine. The

punishment is part of the league's zero-tolerance anti-discrimination policy. ● METRO

### Picard returns to Pittsburgh

NHL. The Pittsburgh Penguins recalled former Halifax Mooseheads defenceman Alexandre Picard yesterday. The 26-year-old has appeared in seven NHL games this season for the Penguins and has 14 appearances with the AHL's Wilkes-Barre/Scranton Penguins. ● METRO

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# Jostling to face the juggernauts

► Handful of squads in AFC and NFC undeniably legit ► Most of others seem destined to become playoff fodder

As the regular season begins to wind down, the NFL has its share of thoroughbreds. And its share of pretenders.

With four weeks remaining, the Packers, 49ers and Saints have separated themselves in the NFC, and perhaps in the entire league. Green Bay and San Francisco already have secured division titles, and New Orleans is almost there.

The elite of the AFC, while not quite so accomplished, are the Ravens, Steelers, Patriots and Texans.

In the middle is a mud-dle: all kinds of teams with all kinds of strengths

## The pretenders

These teams may look respectable based on their spots in the standings, but they have little chance to do damage once the playoff pressure ratchets up.



### Cowboys

Dallas can be dangerous in the NFC East, and also can be a flop.



### Bengals

Cincinnati can't beat any of the good teams left on its schedule.



### Bears

Chicago is down to a backup quarterback, and Matt Forte is hurt.



### Broncos

It's difficult to see the Broncos riding deep into the playoffs.



### Raiders

Oakland has huge issues on defence and with penalties.

— and weaknesses.

Nine teams sit at 7-5, and one (Giants) at 6-6. All are in the mix to either win their division or grab

a wild-card spot.

Most, if not all of them, are not legitimate championship contenders, no matter how bravely they

might talk.

Other teams really have a shot at making the post-season and doing some damage there.

The Packers seem headed for an undefeated regular season — if they decide to chase it.

Two years ago, it was

New Orleans leading the charmed life. Drew Brees has an even deeper, more dangerous receiving corps and backfield than in 2009, and while the Saints also have issues on defence, they can outscore them.

Having clinched their first playoff berth since 2002, the 49ers have the kind of rugged, versatile defence that gives any team a chance.

Four AFC teams are 9-3 and, barring collapses, are headed to the post-season. New England, Baltimore and Pittsburgh are the perennials, Houston the newcomer.

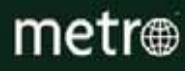
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\* Only people selected for an interview will be contacted.

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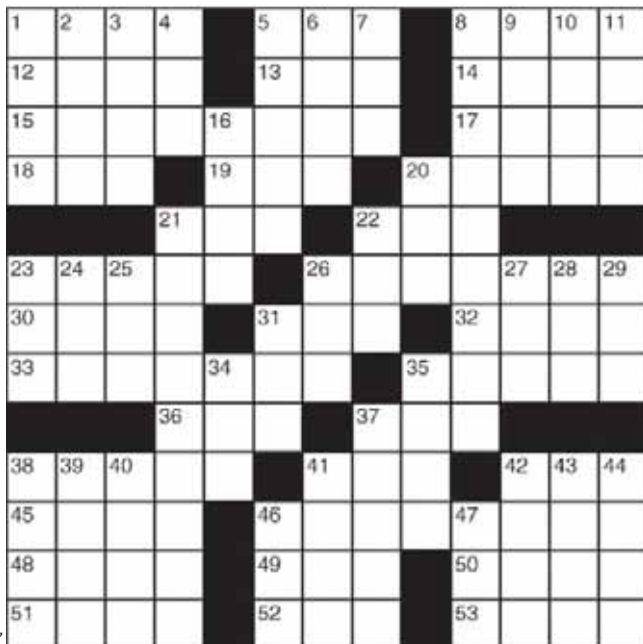
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## Crossword

### Across

- 1 Weak, as an excuse  
5 Thickness  
8 Amble  
12 Wicked  
13 Tall tale  
14 Press  
15 "The Glass Menagerie" playwright  
17 Building block name  
18 Old insecticide  
19 Conk out  
20 Explosion  
21 Moist  
22 Luau bowlful  
23 Lisa Marie's dad  
26 Former  
30 Work hard  
31 Small barrel  
32 Stare  
33 Pursued obsessively  
35 Knee counterpart  
36 Salary  
37 Dinner for Dobbin  
38 "Hammerin' Hank"



- 41 Neither mate  
42 That woman  
45 Huff and puff  
46 Sudden violent wind  
48 Facility  
49 High card  
50 Flame  
51 Rip  
52 Firmament  
53 Rock band's accessories  
**Down**  
1 Lascivious  
2 Eager, plus  
3 Vibrapionist Jack-

- son  
4 Right angle  
5 Braid  
6 Citrus fruit  
7 "Certainly"  
8 As a volunteer would  
9 Vicinity  
10 Yule fuel  
11 Entanglement  
16 Mid-month date  
20 Greet the villain  
21 Energetic determination  
22 Boxer  
23 Type squares

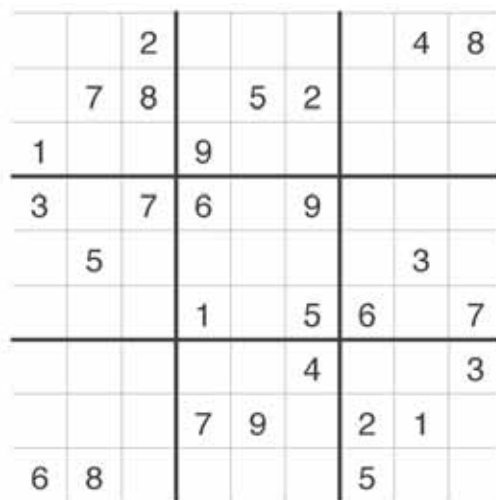
- 24 Parcel of land  
25 By way of  
26 Proof letters  
27 Apply lightly  
28 Kind of dye  
29 Kitten's remark  
31 Crucial  
34 Neb. neighbor  
35 British noble  
37 Like Swiss cheese  
38 Help a hood  
39 Wings  
40 Parks or Bonheur  
41 Shaving mishap  
42 Take to the pool  
43 Angel's in-

- strument  
44 Rams' mates  
46 Existed  
47 "— picture paints a thousand words ..."

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, at [metronews.ca/kiss](http://metronews.ca/kiss).

### Gerard

Round-faced boy from Gerard, we have a perfectly matching eating schedule. Every time I go to eat, there you are. Not that I'm creepy or anything. Anyway, it sure is cool when we make eye contact, isn't it? You're really cute and have nice hair, and you should know you can always sit by me. :)

FROM BABY J

Thoughts of you You wanna be with? Come with? Here with? Me! Me! Me! Like your loyalty equally! Wink! Wink! Sha-wink! Tickle, giggle, wiggle, squiggly! ;)

FROM LINGERING MEMORIES

### CKG

You truly are one of the most beautiful people I've met. Not just on the outside, but in your heart! This Tuesday is our last class together, but I know that it is not the end =)

FROM CCB

## Today's horoscope

**♈ Aries** March 21-April 20 Make sure you act logically and have a rational reason for everything you do.

**♉ Taurus** April 21-May 21 By all means go off by yourself today and let the rest of the world take care of itself.

**♊ Gemini** May 22-June 21 You will see and understand things today that others have overlooked.

**♋ Cancer** June 22-July 22 You will see or hear something to your advantage today.

**♌ Leo** July 23-Aug. 23 You will be in a questioning frame of mind

today.  
**♍ Virgo** Aug. 24-Sept. 22 Don't give up on something just because it is boring or does not seem to be working out the way you had hoped.

**♎ Libra** Sept. 23-Oct. 23 If you stick your nose in someone else's business today you will regret it.

**♏ Scorpio** Oct. 24-Nov. 22 Find ways to persuade those you live and work with to shoulder more of the everyday burden.

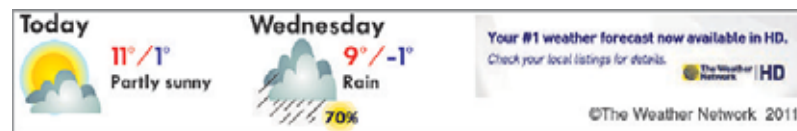
**♐ Sagittarius** Nov. 23-Dec. 21 You set such high standards that there are bound to be times when you cannot live up to them.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♑ Capricorn** Dec. 22-Jan. 20 Information that comes your way over the next 24 hours will cause you to doubt what you were previously told by friends or work colleagues.

**♒ Aquarius** Jan. 21-Feb. 18 You need to get your message across and the best way to do that is to be forceful without being aggressive.

**♓ Pisces** Feb. 19-March 20. Financially and professionally you'll go far today, but don't go too far and promise things you may not be able to deliver. **SALLY BROMPTON**



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